



Health Standards & Performance Indicators Scoring Criteria

(Revised 6/17/2018)

Standard #1 – Health Concepts

Comprehend concepts related to health promotion and disease prevention to enhance health.

Grades 6-8 Long-Term Learning Targets

- Students comprehend concepts related to health promotion and disease prevention to enhance health.
- Explain the physical and emotional changes during puberty.
- Explain functions of the reproductive system.
- Describe relationships between healthy and unhealthy behaviors.
- Explain the interrelationship of physical, mental/intellectual, emotional, and social health.
- Students identify causes of common diseases and other health problems and describe ways to reduce, prevent and treat them.
- Students explain essential health concepts related to family life.

Standard #2 – Health Promotion and Risk Reduction

Demonstrate the ability to practice health-enhancing behaviors and avoid and/or reduce health risk.

Grades 6-8 Long-Term Learning Targets

- Students demonstrate the ability to practice health enhancing behaviors and avoid/or reduce health risks.
- Explain the importance of having a balanced and healthy lifestyle.
- Demonstrate a behavior to maintain or improve my own health.
- Develop health-enhancing messages.
- Students demonstrate a healthy practice and/or behavior to maintain or improve their own health in regard to personal fitness.
- Students demonstrate a healthy practice and/or behavior to maintain or improve their own healthy eating.
- Students develop injury prevention and response strategies in first aid for personal and family health.
- Students demonstrate ways to recognize, avoid or change situations that threaten the safety of self and others in regard to heart health.
- Students distinguish between health and unhealthy strategies for managing stress.

Standard #3 – Communication and Advocacy Skills

Demonstrate the ability to use interpersonal communication and advocacy skills.

Grades 6-8 Long-Term Learning Targets

- Understand concepts of practicing health-enhancing behaviors.
- Understand concepts of effective communication
- Students apply effective verbal and nonverbal interpersonal communication skills to enhance health.
- Students describe ways to influence and support others in making positive health choices.

Standard #4 – Communication and Advocacy Skills

Make decisions and set goals to enhance health

Grades 6-8 Long-Term Learning Targets

- Students demonstrate the ability to make decisions and set goals to enhance health.
- Understand the relation between behaviors and personal health.
- Students develop and apply strategies to attain short-term personal goals.
- Students analyze the outcomes of health-related decision.